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# Woman's World

## The Chafing Dish

Among the dishes that can be quickly prepared in the chafing dish, anchovy toast can be commended for its simplicity in preparation. Have ready small rounds or strips of brown toast. Put a heaping teaspoonful of butter in the blazer, set over the hot-water pan, add a scant tablespoonful of the best curry and a dash of cayenne. As soon as the butter melts, stir in two well beaten eggs, mixed with a teaspoonful and a half of anchovy paste and stir constantly until the mixture creams and thickens. Take at once from the heat, or it will curdle. Spread thickly on the hot toast, sprinkle with grated Parmesan cheese and serve.

### An Indian Pick-Me-Up.

Somewhat similar is a favorite pick-me-up in India that is becoming popularized here at impromptu chafing dish feasts. Melt two tablespoonfuls butter over the hot-water pan, add two tablespoonfuls anchovy essence, two beaten eggs and a few grains of cayenne. As soon as piping hot, spread on slices of freshly made toast.

### Luncheon Sardines.

Bone one box of sardines and lay aside. Put into the chafing dish blazer one tablespoonful olive oil. When hot add one teaspoonful each chopped pickle, parsley and chutney, a half teaspoonful scraped onion, two teaspoonfuls walnut catsup and one tablespoonful each lemon juice and white vinegar. When well mixed add the sardines, one teaspoonful Worcestershire sauce, and, if desired, a tablespoonful chopped ham, though it is not an essential.

### Fish Chowder.

One cupful of cooked fish, one cupful of sliced potato, one-half a small onion, an inch cube of fat salt pork, unless you prefer to use olive oil; a teaspoonful each of butter and salt, a cupful or a cup and a half of milk, pepper to season and two Boston crackers.  
Crisp the pork or heat the oil, add the onion and cook until yellow. Add the potato with scarcely enough water to cover. When the potatoes are tender spread the fish over them, add milk to cover well, and when hot and boiling add crackers and butter. When the cracker is softened, serve. Two raw tomatoes or half a cupful of stewed tomato can be added for each cupful of fish.

### Small Mullet in Chafing Dish.

Wipe the fish very dry, sprinkle lightly with salt and pepper, put in a tin with a tablespoonful of flour and shake well until well floured. Take each fish up by its gills and shake to remove superfluous flour. Put little slivers of fat salt pork in the cutlet pan, or if pork is objected to, two tablespoonfuls of olive oil. When the pork is crisp and the fat tried out or the oil is hot, lay in the fish, leaving uncovered to brown. Butter gives a better color to the fish, but is more apt to spatter than either oil or drippings. Serve with cabbage salad.

### Oyster Truffle.

Put a tablespoonful of butter in the chafing dish, and as soon as melted, add a teaspoonful of flour. When bubbly add a cupful of cream or rich milk. As soon as creamy and thickened, put in two dozen oysters that have been parboiled in hot water, with three tablespoonfuls of oyster liquor. Boil two minutes, add one beaten egg yolk mixed with a little of the liquid, a teaspoonful of chopped parsley and one minced truffle. Set over the hot-water pan to simmer, but not to boil.

### Clams a la Newburg.

Have ready three dozen soft shell clams, removing the hard part, but leaving the body intact. Toss in the chafing dish, with a tablespoonful of butter, for three minutes, seasoning with salt and pepper. Add a glass of medeira, and let cook covered eight minutes, stirring frequently. Then add the yolks of three eggs beaten with two-thirds of a pint of cream, pour over the clams, and toss, but do not boil, for two minutes.  
EMMA PADDOCK TELFORD.

### HOUSEHOLD HINTS.

If the corkscrew is lost try running a nail or ordinary screw in the cork with a stout string round the head.

In making a baked custard warm the milk before adding the eggs, and there will be less danger of the dessert turning watery.

Net blouses do not get stringy if washed in bran water. Pour boiling

## Advice to Woman Travellers

Lady Teazle in the Chronicle: Just a word to you girls who are going abroad.

It may be the first time or you may have been globe-trotting for years, but unless you have the knack of traveling you will be ticketed with the class of women who are tired and fussed and crumpled and mused the greater part of the time you are "on the road."

The conversation of a group of girls sailing on an Oriental liner a short time ago for a tour of the world indicated that their preparations for the long ocean voyage had been all wrong, and in consequence the chances of their being fresh, spotless and sweet tempered on all occasions are meager indeed.

Advice to travellers is usually classed with first aid to the injured, but some there are to whom hints are helpful.

In the first place, don't pack all your prettiest clothes in your trunks that are to go into the hold.

A big liner is the smartest kind of a hotel, and nowhere during your whole journey will there be a place where you can wear your evening gowns to any better advantage or where they will be more admired.

It won't do them a bit of harm to be worn every evening on shipboard, and you will be ever so much happier if you are prettily dressed.

Then it is a mistake to travel in your own hair.

It isn't the nature of anything that grows on your head to stay in curl on a steamer, and yet the very people who go to the theater with their heads decked out in rolls and puffs and curls will leave them off when they are traveling, and trust to their own hair to stand up and do itself credit against the annihilating force of wind and weather.

Of course, it hangs down in strands and wanders down your neck and renders you cross and uneasy.

If there is a place on earth where the wearing of "store hair" which is made to stay in curl is justifiable it is on board an ocean liner—the place where you usually see the least of it.

The giving of at least part of your tip to the stewardess at the beginning of the journey instead of all of it at the end isn't a bad idea.

She gets so many tips on the arrival of the ship in port that a few dollars more or less doesn't make much difference, but at the beginning of the trip she isn't so rich, and a little present will make her think of you as the "generous lady in No. 4," and you will benefit accordingly.

One great cross which seems to pursue women traveling alone is the loss of their baggage at foreign ports.

It is the selfsame lady, however, that fusses and fumes because she can't find her suitcase at the station at Del Monte who gets into a state of nervous furor in Singapore because she cannot separate her trunks and bags from those of her fellow travelers.

What the quick-witted woman does when she sees her suitcase, which is exactly like fifty others being loaded on the hotel bus at Del Monte is to step over quickly and stick a 2-cent stamp on the top of it.

When it is taken off at the depot she picks it out instantly and gets aboard the train, while all kinds of confusion is ensuing in the crowd over the identification of just one suitcase.

Haven't you seen it dozens of times? And haven't you seen the same scene repeated at every foreign port at which you ever disembarked?

Mark your baggage with a distinctive label—one you make yourself—of conspicuous and original design.

Take a spare duplicate label with you. At the dock give it to the porter and tell him to match it out of the baggage heap. Then sit down comfortably and wait.

Others may have your initials, but none will there be with a label like the one you have drawn yourself.

These things are certainly easy. Why not try them?



SHOULD THIS PROMISE BE BROKEN?

A correspondent is facing rather a her comfort but an over-burdened ill-desperate problem and writes for advice. No matter how good this vice. "My mother on her deathbed wife's intentions may be, when the made me promise to care for a sister, work of the home piles up, as it has mildly insane, at intervals violently, a way of doing now and then, it is Mother made me promise never to impossible to give a person requiring send my sister to an institution, but almost ceaseless watching the care always to give her a home. It was she ought to have. So that the sister impossible to refuse such a request would probably be better off with the at such a time, and I was so upset I promise broken.

had little capacity either, to think If his fiancée knows her physical clearly. So I promised. But I am engaged to be married, and when I told fuse to enter into a marriage where my girl of the promise she said she she foresees only unhappiness. No couldn't possibly care for my sister. blame can be attached to her under My girl's mother is an invalid, and must live with us when we are married, and my girl says the care of the the circumstances for wishing to break the engagement.

two of them would be too much for her. I am just an ordinary working-man, and do not earn enough to hire somebody to care for my sister. What ought I to do—break my promise or break my engagement? I cannot see my way clear."

It seems too delicate, almost too sacred, a subject for an outsider to touch upon. And it is indeed a desperate plight. So much enters into it—the question of right and wrong, the question of temperament—that it has to be considered from many sides.

The mother should not have exacted such a promise. No one wishes to think harshly of those who have gone into the Beyond, particularly a son of a mother. But it was selfish mother-love that asked this promise. The invalid child is always nearest and dearest to the mother-heart. Sometimes he blots out all the rest of the horizon. But it is not fair or just to sacrifice other children needlessly to this one. And, unfortunately, that is what this mother has done.

Such persons as this sister are usually cared for better in properly conducted institutions than they can be in the home, unless there is plenty of means to secure proper attendance and care. So that she would probably be better off in a well-managed institution than she would be in a home of small means with no one to look after her.

water over a small bag of bran and when cold rinse the net in it.

Old macaroons and sponge cakes that have grown stale form the basis of a nice dessert by soaking in sherry. Spread with alternate layers of strawberry jam pour in a custard

when almost cold, heap with whipped cream dotted with some of the largest berries from the jam.

In making banana salad, soak the fruit for a short time in orange juice to make it less insipid.

## The Casserole

Fireproof casseroles are coming more and more into general use, and have gone down so much in price that they are now quite in reach of even those housewives who have to be very economical.

They can be obtained in all shapes and sizes, and even in artistic colorings. They are so useful that a casserole should find a place in every kitchen, though a Boston beanpot will do as well. Everything can be cooked in a casserole—meat, fish, vegetables, or fruit—in fact, anything that requires slow, gentle cooking. The flavor of any meat to be recooked is always far superior if cooked in a casserole to what it is when done in a metal saucepan, and the slow cooking does not harden the meat.

### Some Advantages of a Casserole.

1. Little heat is required.
2. It may be cooked either on the stove or in the oven.
3. The contents will be cooked very gently, and thus cheaper and tougher joints may be used with excellent results.
4. The ingredients may be put together in the casserole and allowed to stand for hours in it before cooking without spoiling in the very least degree.
5. The stew, etc., may be left to get cold in the casserole; in a saucepan it would have to be turned out. The stew can be served in the casserole, thereby securing it being "piping hot."

### Brisket of Beef.

About seven pounds of brisket of beef, two turnips, two carrots, two onions, a stick of celery, a few sprigs of parsley, eight cloves, eight whole peppers, eight whole allspice, a blade of mace, and a few slices of fat bacon.

Wipe the meat with a cloth wrung out with hot water, trim it neatly, and tie it in shape with tape. Place in a casserole with the bacon, add enough hot water or stock to just cover it.

Bring to the boil, then skim it well. Clean and quarter the vegetables, tie the parsley and herbs in a bunch, and the spice in a piece of muslin. Put all these in the casserole, put on the lid, and let the contents cook very gently for four hours. Then lift the meat on to a dish, and draw out all the bones.

If to be served hot. Put the meat on a hot dish, pour round some thick gravy, and garnish with heaps of the vegetables (cut into neat dice).

If to be eaten cold. After taking out the bones, put the meat on a dish, with another one on top of it. Put weights on the top one and leave until the meat is cold. Then trim off all rough pieces and a thin slice from each side. Brush the top over with a little melted glaze, and garnish with parsley.

### Stewed Chops with Tomato.

About two pounds of neck of mutton, one pound of tomatoes, one small Spanish onion, one carrot, a little stock or water and seasoning of salt and pepper.

Cut the mutton into small neat chops, trimming off all but a narrow rim of fat. Fry them quickly for a few seconds on each side, then put them in a casserole with the tomatoes, carrot and onion, cut in slices, and pour in one cupful of stock or water. Put on the lid, and let the contents simmer gently in the oven for one and a half hours. Lift the chops on to a hot dish, and keep them warm while you rub the tomatoes, etc., through a sieve.

Re-heat this puree, as it is called, if it seems too thick, add a little stock, or water, and a little meat extract. Put the cutlets back in the casserole, see that the gravy is nicely seasoned, pour it over them, let them heat thoroughly through and serve in the casserole; or, if preferred, arrange them on a hot dish, and pour the gravy over.

### Macaroni and Cheese.

Break up a quarter of a pound of macaroni into short pieces, put them in a saucepan containing enough boiling water slightly salted, to well cover the macaroni, and boil fast for thirty minutes. Drain and cool them. Boil one gill of stock with one gill of milk, one bay leaf and one slice of onion. Melt two tablespoonfuls of butter in a saucepan, add one dessertspoonful of flour and cook them for a few minutes, stir without browning; add the boiled milk and stock strained; stir till it boils, put in the macaroni, add two ounces of grated cheese; mix well and season with salt and pepper to taste. Fill a well-buttered casserole with this preparation, sprinkle over with breadcrumbs and grated cheese put a few small pieces of butter here and there on

the top, and bake in a moderate oven for fifteen minutes. Serve hot in the casserole in which it was cooked.

### Curried Chicken.

One chicken, two heaping tablespoonfuls of butter, three small sliced onions, two cupfuls gravy, one tablespoonful of curry powder, one tablespoonful of flour, one apple, four tablespoonfuls of cream, one teaspoonful of salt, and one tablespoonful of lemon juice.

Put the butter into a saucepan with the sliced onions, the chicken cut into small joints and the apple peeled, cored and chopped. Fry it to a pale brown, add the stock, and stew gently for twenty minutes; rub down the curry powder, flour and salt with a little of the gravy quite smoothly, and stir this into the other ingredients; let it simmer for rather more than half an hour, and just before serving add the cream and lemon juice. Serve with plain boiled rice heaped lightly on the top. The rice may be served in a dish by itself.

### Bananas Baked in the Casserole.

Put two heaping tablespoonfuls of butter into an earthenware dish, add four tablespoonfuls of sugar, two cupfuls of water and the juice of half a lemon. Lay in peeled bananas and bake till tender.

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